



West Side
YMCA

Group
Exercise
Schedule
Winter
2019

CONTACT US:

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wyhealthy lifestyles
@ymcany.org



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MONDAYS

	6:00 – 8:00 AM	Ashtanga Yoga: MYSORE	Evan	4th Fl. Multipurpose
	7:15 – 8:00 AM	Spin®	Alex	Spin Studio
	8:05 – 8:55 AM	Aqua Arthritis	Yean	Small Pool
CHILD WATCH	9:00 – 9:25 AM	AOA Cardio Conditioning	Brian	Group Exercise Studio
	9:30 – 10:25 AM	DANCEALATES®:barre	Melissa	Group Exercise Studio
	9:30 – 10:25 AM	AOA Strength Training	Brian	Mind/Body Studio
	10:30 – 11:25 AM	Zumba® Gold	Sonia	Group Exercise Studio
	10:30 – 11:30 AM	Vinyasa Yoga – Advanced	Marci	Mind/Body Studio
	11:30 – 12:25 PM	Total Body Conditioning	Melissa	Group Exercise Studio
	11:30 – 12:25 PM	Chair Yoga	Marci	Mind/Body Studio
	12:30 – 1:30 PM	MELT®	Edya	Mind/Body Studio
	12:30 – 1:30 PM	Pilates Mat – Beginner	Mike L.	Group Exercise Studio
	12:35 – 1:25 PM	Aqua Arthritis	Yean	Small Pool
	1:35 – 2:35 PM	Feldenkrais Method	Donna	Mind/Body Studio
CHILD WATCH	6:00 – 6:55 PM	Masala Bhangra	Deborah	Group Exercise Studio
	6:05 – 6:55 PM	Aqua Aerobics	Juliet	Small Pool
	6:30 – 7:25 PM	Tai Chi – Intermediate	Arnold	Mind/Body Studio
	6:30 – 7:30 PM	Spin®	Dennis	Spin Studio
	6:30 – 7:30 PM	Interval Training	Cathy	Gymnasium
	6:30 – 7:30 PM	Beginner TRX	Eric	4th Fl. Multipurpose
	7:00 – 8:00 PM	Pilates Mat – Beginner	Paolina	Group Exercise Studio
	7:30 – 9:00 PM	Iyengar Yoga	Dmitri	Mind/Body Studio

TUESDAYS

	6:00 – 6:45 PM	Spin®	Erica	Spin Studio
	7:00 – 8:00 AM	Boot Camp	Jonathan W.	Group Exercise Studio
	9:00 – 10:25 AM	Iyengar Yoga – Gentle	Martha	Mind/Body Studio
	9:15/9:30 – 10:15 AM	Orientation/Spin®	Jonathan W.	Spin Studio
CHILD WATCH	9:30 – 10:25 AM	AOA Cardio Conditioning	Alexandra	Group Exercise Studio
	10:20 – 10:35 AM	Express Core Training	Jonathan W.	4th Fl. Multipurpose
	10:30 – 11:30 AM	AOA Sit Fit	Alexandra	Mind/Body Studio
	10:30 – 11:30 AM	Total Body Conditioning	Julie	Group Exercise Studio
	11:30 – 11:55 PM	Core Training	Julie	Group Exercise Studio
	11:30 – 12:30 PM	AOA Stretch	Alexandra	Mind/Body Studio
	12:00 – 1:00 PM	Pilates Mat	Melissa	Group Exercise Studio
	12/12:15 – 1:00 PM	Orientation/Spin®	Lisa	Spin Studio
	12:15 – 1:15 PM	TRX Suspension Training	Jonathan W.	4th Fl. Multipurpose
	12:35 – 1:25 PM	Aqua Arthritis	Maaret	Small Pool
CHILD WATCH	4:00 – 5:15 PM	Restorative Yoga	Stephanie	Mind/Body Studio
	5:30 – 6:25 PM	Total Body Conditioning	Erica	Group Exercise Studio
	6:00 – 7:15 PM	Capoeira	Professora Misil	Mind/Body Studio
	6:05 – 6:55 PM	Aqua Aerobics	Juliet	Small Pool
	6:30 – 7:25 PM	Dance Party – Family Friendly!	Alet	Group Exercise Studio
	6:30 – 7:30 PM	DANCEALATES®:barre	Mike L.	4th Fl. Multipurpose
	6:30 – 7:30 PM	Spin®	Erica	Spin Studio
	6:30 – 7:30 PM	Train Like an Athlete – Advanced	Robert	Gymnasium
	7:30 – 9:00 PM	Iyengar Yoga	Wendy	Mind/Body Studio
	7:30 – 9:30 PM	Seido Karate	Melvin	Group Exercise Studio

WEDNESDAYS

	6:00 – 8:00 AM	Ashtanga Yoga: MYSORE	Evan	4th Fl. Multipurpose
	7:00 – 8:00 AM	Circuit Training	Lisa	Group Exercise Studio
	8:05 – 8:55 AM	Aqua Arthritis	Yean	Small Pool
CHILD WATCH	9:00 – 9:30 AM	AOA Strength Training	Liz	Group Exercise Studio
	9:15 – 10:15 AM	Pilates Mat	Melissa	Mind/Body Studio
	9:30 – 10:30 AM	AOA Cardio Conditioning	Liz	Group Exercise Studio
	10:30 – 10:45 AM	AOA Stretch	Liz	Group Exercise Studio
	10:45 – 11:45 AM	Feldenkrais Method	Donna	Mind/Body Studio
	11:00 – 12:00 PM	Total Body Conditioning	Cathy	Group Exercise Studio
	12:00 – 1:30 PM	Iyengar Yoga	Richard	Mind/Body Studio
	12/12:15 – 1:00 PM	Orientation/Spin®	Cathy	Spin Studio
	12:30 – 1:30 PM	Pilates Mat	Mike L.	Group Exercise Studio
	1:05 – 1:55 PM	Aqua Dance	Juliet	Small Pool
	1:35 – 2:35 PM	Chair Yoga	Tatiana	Mind/Body Studio
	2:35 – 3:35 PM	Meditation	Tatiana	Mind/Body Studio
	5:20 – 6:25 PM	MELT® Performance	Edya	Mind/Body Studio
CHILD WATCH	5:30 – 6:25 PM	Total Body & Kettlebells	Kathy	Group Exercise Studio
	5:45 – 6:45 PM	TRX Suspension Training	Frank	4th Fl. Multipurpose
	6:00 – 7:15 PM	Volleyball – Instructional	Kyros	Gymnasium
	6:05 – 6:55 PM	Aqua Aerobics	Juliet	Small Pool
	6:30 – 7:25 PM	H.I.I.T	Yanique	Group Exercise Studio
	6:30 – 7:30 PM	Spin®	Tracy	Spin Studio
	6:30 – 7:30 PM	Hatha Yoga	Wendy	Mind/Body Studio
	7:30 – 8:30 PM	Masala Bhangra	Deborah	Group Exercise Studio



Adult Community Sports

WEST SIDE Y ROAD RUNNERS CLUB

Mondays & Wednesdays
6:30 PM
Lobby

VOLLEYBALL

Wednesdays
6:00 – 10:45 PM
Gymnasium

BASKETBALL

Thursdays
6:00 – 10:00 PM
Gymnasium

PICKLEBALL

Thursdays
10:30 – 12:30 PM
Gymnasium

OPEN HANDBALL

Tuesdays & Thursdays
4:00 – 7:00 PM
6th Floor Courts

RACQUETBALL CHALLENGE COURT

Mondays & Wednesdays
6:00 – 9:00 PM
Courts 3 & 4

SQUASH ROUND ROBIN

Wednesdays
6:00 – 8:00 PM
6th Floor Courts



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THURSDAYS

CHILD WATCH	6:00 – 6:45 PM	Spin®	Lisa	Spin Studio
	7:00 – 8:00 AM	Total Body Conditioning	Jonathan W.	Group Exercise Studio
	9:30 – 10:25 AM	Zumba® Gold	Alet	Mind/Body Studio
	9:30 – 10:30 AM	Classic Barre®	Jonathan U.	2nd Fl. Multipurpose
	9:30 – 10:25 AM	AOA Cardio Conditioning	Alexandra	Group Exercise Studio
	10:30 – 11:30 AM	AOA Sit Fit	Alexandra	Mind/Body Studio
	11:00 – 11:30 AM	Upper Body Blast	Jonathan W.	Group Exercise Studio
	11:30 – 11:55 AM	Core Training	Jonathan W.	Group Exercise Studio
	11:30 – 12:30 PM	AOA Stretch	Alexandra	Mind/Body Studio
	12:00 – 1:00 PM	MELT® Core & Length	Jon	Group Exercise Studio
12/12:15 – 1:00 PM	Orientation/Spin®	Jonathan W.	Spin Studio	
12:15 – 1:15 PM	TRX Suspension Training	Frank	4th Fl. Multipurpose	
12:35 – 1:35 AM	DANCEALATES®:barre	Melissa	Mind/Body Studio	
12:35 – 1:25 PM	Aqua Arthritis	Kathy S.	Small Pool	
CHILD WATCH	4:00 – 5:15 PM	Restorative Yoga	Stephanie	Mind/Body Studio
	5:30 – 6:25 PM	Boot Camp	Emily	Group Exercise Studio
	6:00 – 7:15 PM	Vinyasa Yoga	Jorge	Mind/Body Studio
	6:05 – 6:55 PM	Aqua Aerobics	Kathy S.	Small Pool
	6:30 – 7:30 PM	Pilates Mat	Julie	4th Fl. Multipurpose
	6:30 – 7:30 PM	Spin®	Erica	Spin Studio
	6:30 – 7:30 PM	Zumba®	Rich	Group Exercise Studio
	7:30 – 8:30 PM	Nia® Dance	Jayne	Mind/Body Studio
	7:30 – 9:30 PM	Seido Karate	Melvin	Group Exercise Studio

FRIDAYS

CHILD WATCH	6:00 – 8:00 AM	Ashtanga Yoga: MYSORE	Evan	4th Fl. Multipurpose
	7:05 – 8:20 AM	Vinyasa Yoga	Kathi	Mind/Body Studio
	7:15 – 8:00 AM	Spin®	Alex	Spin Studio
	8:05 – 8:55 AM	Aqua Arthritis	Yean	Small Pool
	8:25 – 9:25 AM	Pilates Mat – Advanced	Jonathan U.	Mind/Body Studio
	9:00 – 10:00 AM	AOA Cardio Conditioning	Larissa	Group Exercise Studio
	9:30 – 10:25 AM	Barre Workout	Kathy S.	2nd Fl. Multipurpose
	9:30 – 10:25 AM	Cardio Sculpt	Julie	Mind/Body Studio
	10:00 – 10:25 AM	AOA Stretch	Larissa	Group Exercise Studio
	10:30 – 11:55 AM	Vinyasa Yoga	Tatiana	Mind/Body Studio
10:30 – 10:55 PM	Core Training	Louisa	Group Exercise Studio	
11:00 – 11:55 PM	MELT®	Liz	Group Exercise Studio	
12:00 – 1:00 PM	Pilates Mat	Melissa	Group Exercise Studio	
12:05 – 1:05 PM	Chair Yoga	Marci	Mind/Body Studio	
12:15 – 1:15 PM	TRX	Yanique	4th Fl. Multipurpose	
12:35 – 1:25 PM	Aqua Arthritis	Kathy S.	Small Pool	
1:15 – 2:15 PM	Meditation	Tatiana	Mind/Body Studio	
6:00 – 7:00 PM	Zumba® Toning	Alet	Group Exercise Studio	

SATURDAYS

CHILD WATCH	9:00 – 10:25 AM	Tai Chi – Beginner	Tom	Mind/Body Studio
	9:00 – 10:30 AM	Ashtanga Yoga	Evan	4th Fl. Multipurpose
	9/9:15 – 10:00 AM	Orientation/Spin®	Court	Spin Studio
	9:30 – 9:55 AM	Core Training	Jonathan W.	Group Exercise Studio
	10:00 – 11:00 AM	Total Body Conditioning	Brian	Group Exercise Studio
	10/10:15 – 11:00 AM	Orientation/Spin®	Jonathan W.	Spin Studio
	10:30 – 12:00 PM	Vinyasa Yoga	Jorge	Mind/Body Studio
	11:05 – 11:50 AM	Spin®	Jonathan W.	Spin Studio
	11:05 – 12:05 PM	Afro-Jazz	Uniqua	Group Exercise Studio
	12:10 – 1:10 PM	Pilates Mat – Intermediate	Julie	Mind/Body Studio
12:10 – 1:10 PM	MELT®	Jon	Group Exercise Studio	
1:15 – 2:45 PM	Iyengar Yoga	Richard	Mind/Body Studio	
1:30 – 2:30 PM	Seido Self-Defense	Mel	Group Exercise Studio	
3:00 – 4:00 PM	Feldenkrais Method	Donna	Mind/Body Studio	

SUNDAYS

9/9:15 – 10:00 AM	Orientation/Spin®	Court	Spin Studio
10:00 – 11:00 AM	Boot Camp	Jonathan W.	Group Exercise Studio
11:00 – 12:00 PM	Total Body Conditioning	Jonathan W.	Group Exercise Studio
11:30 – 1:00 PM	Iyengar Yoga	Val	Mind/Body Studio
1:30 – 2:30 PM	Capoeira – Family Friendly!	Professora Misil	Group Exercise Studio
4:00 – 4:50 PM	Rowing-Beginner	Gabe	Rowing Studio
4:00 – 5:30 PM	Vinyasa Yoga	Jorge	Mind/Body Studio
5:00 – 6:00 PM	Power Rowing	Gabe	Rowing Studio

Please note: Blue classes indicate Active Older Adult classes that all adults are invited to join!

CHILD WATCH

Do you need someone to look after your child while you work out? We're here for you!

Bring your child, ages 1-7, to the YMCA Child Watch Program for a maximum of two hours per day. Kids will enjoy creative play in a fun, safe environment with responsible YMCA staff members. This is a free service available for adult and family members. Child Watch is located on the 3rd floor. Call 212-912-2607 up to three days prior to sign up.